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| **Day Opportunities Daily Planner**  **Spring Season**  Date 19/05/2025 | | | |
| **Time** | **Activity** | |  |
| **10:00 – 11:00** | **Tea & Coffee Morning** | |  |
| **11:00 – 12:00** | **Group 1**  **Spring gardening**  **with** | **Group 2**  **Making spring flowers chain**  **with** |  |
| **12:00 - 12:30** | **Group 1**  **Seated yoga**  **with** | **Group 2**  **Quiz**  **with** |  |
| **12:30 - 13:30** | **Lunch** | |  |
| **13:30 - 14:30** | **Group 1**  **Cognitive stimulation**  **with** | **Group 2**  **Match the card game**  **with** |  |
| **14:30 - 15:00** | **Enjoy the '50s songs** | |  |